

## IMPACTUL SINDROMULUI VEZICII URINARE HIPERACTIVE ASUPRA VIEȚII SEXUALE LA FEMEI

Autorii: *Mariana Creciun, Mihaela Ivanov*

Conducatori: *conf. univ., dr. hab. șt. med. Ion Dumbraveanu; prof. univ., dr. hab. șt. med. Emil Ceban*

Catedra de urologie și nefrologie chirurgicală, USMF „N. Testemițanu”, Chișinău, Republica Moldova

### Introducerea

Veziica urinară hiperactivă (OAB) se caracterizează prin urgență, urinare frecventă și nocturie cu sau fără incontinență urinară de urgență, care afectează calitatea vieții și sexualitatea feminină. Disfuncția sexuală feminină (FSD) - tulburare a dorinței, excitare, orgasm și durere.

### Cuvinte cheie

Veziica urinară hiperactivă, disfuncția sexuală feminină, incontinență urinară.

### Scopul studiului

Aprecierea funcției sexuale la femei cu severitatea simptomelor OAB, prin utilizarea chestionarelor validate, cu scopul de a evalua impactul OAB asupra vieții sexuale.

### Materiale și metode

S-a efectuat un studiu pilot la 64 femei, repartizate în 2 loturi: 32 femei sănătoase (lot control) și 32 femei cu diagnostic clinic al OAB. Pentru evaluarea severității simptomelor și calității vieții OAB, au fost folosite chestionare validate traduse în română: ICIQ-UISF, OABSS, OABq-SF, iar funcția sexuală evaluată în baza FSFI.

| Question  | Frequency  | Score                      |
|---|--|----------------------------|
| 1. How many times do you typically urinate from waking in the morning until sleeping at night?            | ≤ 7<br>8-14<br>≥ 15  | 0<br>1<br>2                |
| 2. How many times do you typically wake up to urinate from sleeping at night until waking in the morning? | 0<br>1<br>2<br>≥ 3   | 0<br>1<br>2<br>3           |
| 3. How often do you have a sudden desire to urinate, which is difficult to defer?                         | Not at all<br>Less than once a week<br>Once a week or more<br>About once a day<br>2-4 times a day<br>5 times a day or more | 0<br>1<br>2<br>3<br>4<br>5 |
| 4. How often do you leak urine because you cannot defer the sudden desire to urinate?                     | Not at all<br>Less than once a week<br>Once a week or more<br>About once a day<br>2-4 times a day<br>5 times a day or more | 0<br>1<br>2<br>3<br>4<br>5 |

Overactive bladder symptom score (OABSS)

**Table 1**  
Female sexual function index (FSFI)

This questionnaire asks about your sexual life over the past 4 weeks. Please answer the questions as honestly and clearly as possible. The scores will be kept secret. To answer the questions, use the following definitions:  
Sexual activity: completion of sexual intercourse (vaginal or anal);  
Sexual arousal: erection of the penis into the vagina;  
Sexual stimulation: includes situations such as touching the partner, sexual auto-stimulation (masturbation) or sexual fantasy thoughts;  
Sexual desire or drive: includes the desire to engage in sexual activity, or feel responsive to sexual stimulation;  
Sexual interest or arousal: includes the desire to engage in sexual activity, or feel responsive to sexual stimulation or arousal situations that include physical and mental aspects. It might include situations such as genital touch or caressing, lubrication feeling wet and tight or muscle contractions.  
PLEASE SELECT ONE ANSWER FOR EACH QUESTION.

**Items:**

**QUESTIONS:**

1) Over the past 4 weeks, how often did you feel sexually aroused (excited or "flirting sexual activity or intercourse")?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

2) Over the past 4 weeks, how would you rate your level of sexual arousal (excited or "flirting sexual activity or intercourse")?  
1. No sexual activity.  
2. Very high.  
3. High confidence.  
4. Medium.  
5. Low confidence.  
6. Very low or no confidence.

3) Over the past 4 weeks, how often did you feel sexual desire or interest?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

4) Over the past 4 weeks, how often did you become lubricated ("wet") during sexual activity or intercourse?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

5) Over the past 4 weeks, how often did you feel sexual stimulation or interest?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

6) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

7) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

8) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

9) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

10) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

11) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

12) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

13) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

14) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

15) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

16) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

17) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

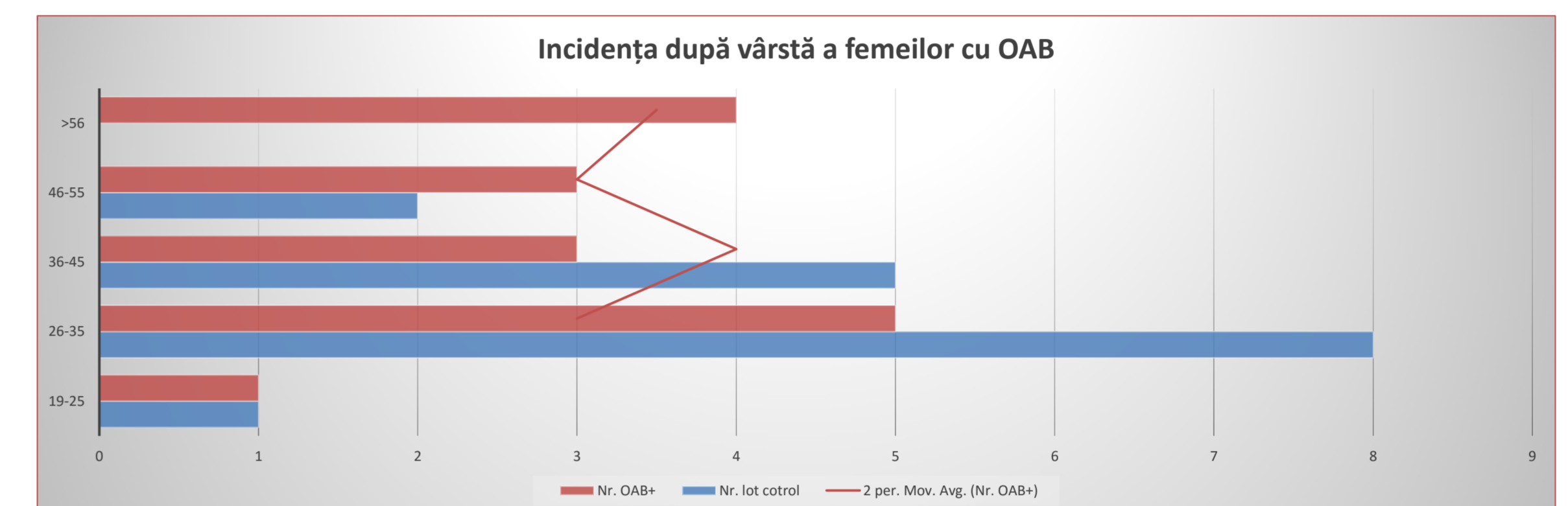
18) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

19) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

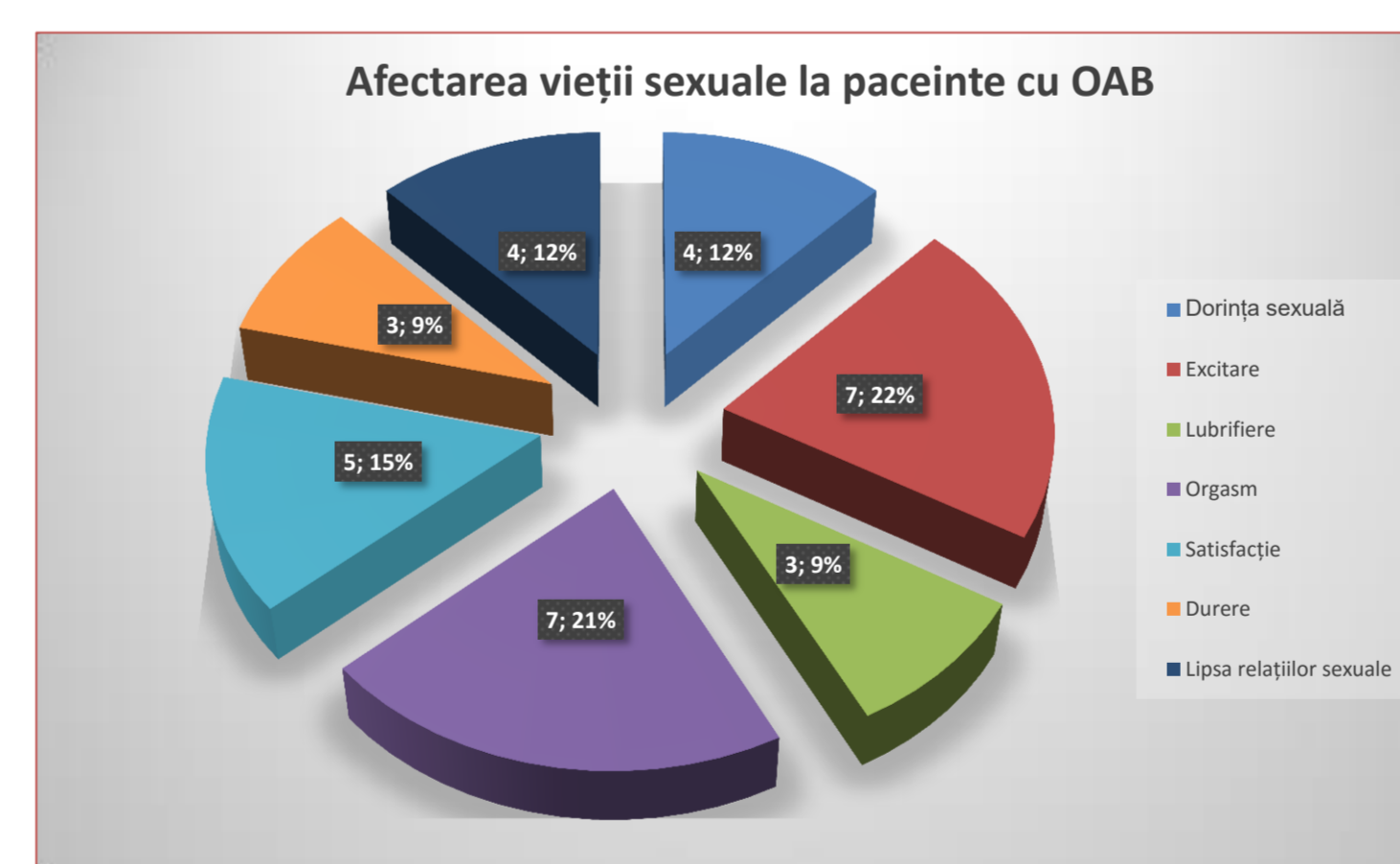
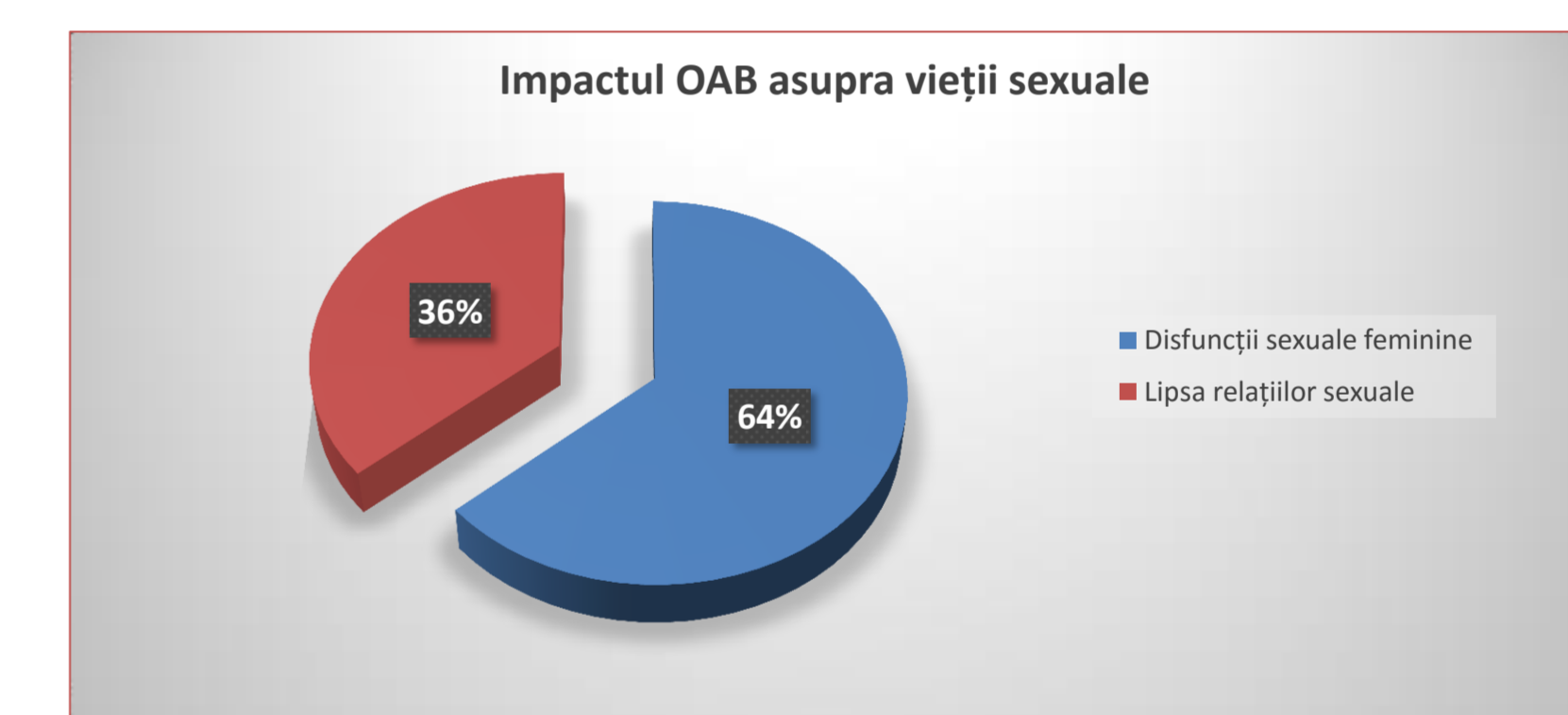
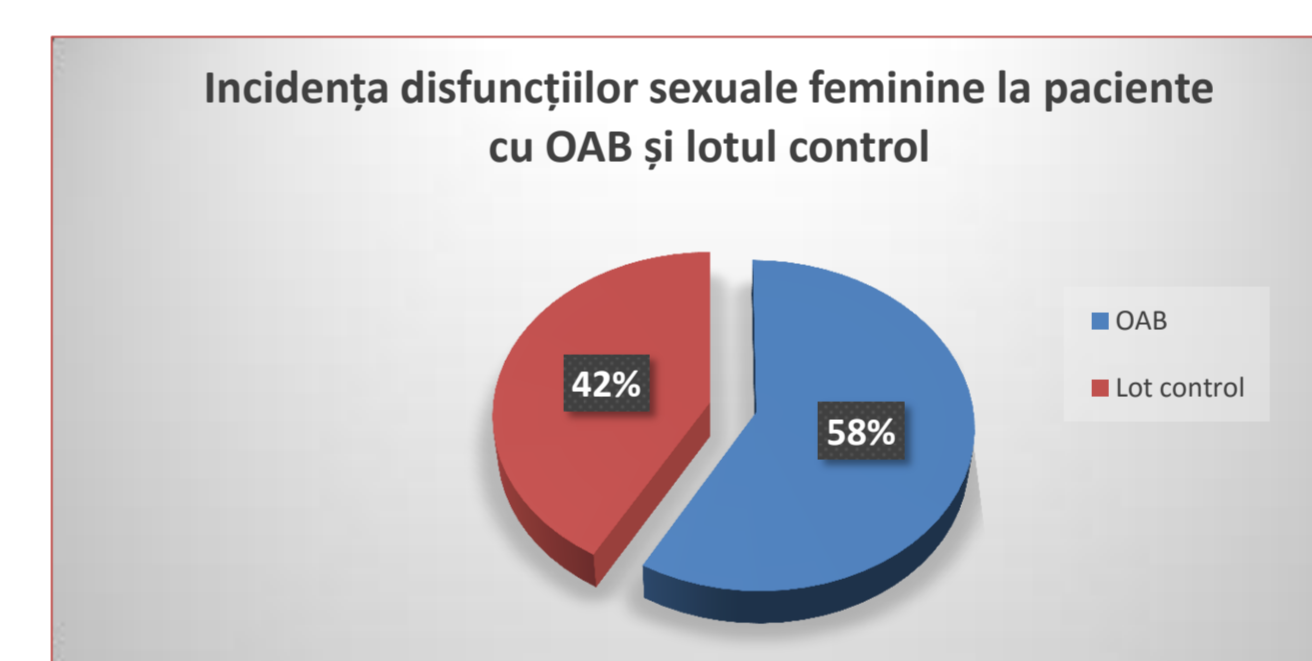
20) Over the past 4 weeks, how often did you have sexual intercourse with your partner?  
1. No sexual activity.  
2. Almost always or always.  
3. Usually.  
4. Sometimes (about half the time).  
5. A few times (less than half the time).  
6. Almost never or never.

### Rezultate

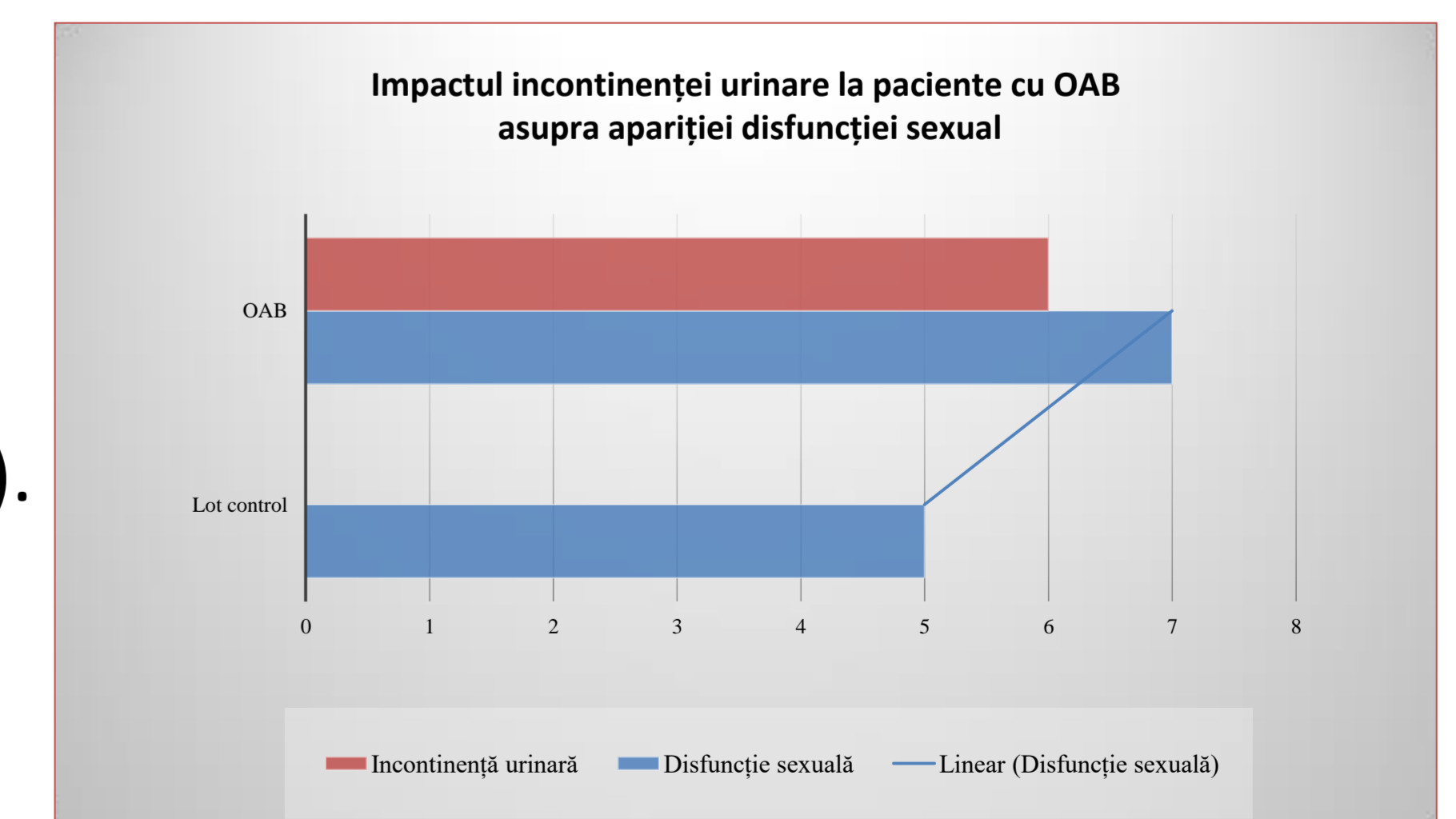
Prevalența sindromului OAB este înaltă la femeile cu vârsta peste 35 de ani, de la 19-49%.



În cadrul studiului am demonstrat prezența impactului OAB atât asupra afectării severe a calității vieții pacientelor în 75% cazuri, cât și asupra vieții sexuale, afectând în 64% cazuri prin prezența disfuncțiilor sexuale, iar în 36% cazuri prin lipsa totală a vieții sexuale.



Conform chestionarului *Indexul funcției sexuale la femei (IFSF)*, la paciente cu OAB s-a evidențiat prezența afectării vieții sexuale în 58% cazuri, dintre care cele mai afectate criterii s-au dovedit a fi lipsa orgasmului în 21% cazuri și a excitației în 22% cazuri.



FSD a fost prezentă în 53,8% cazuri la pacientele cu sindromul OAB și se determină mult mai frecvent în rândul femeilor incontinente (47%) decât lotul control sănătos (22%).

Analizând datele din studiu am stabilit faptul că incidența disfuncției sexuale este mai mare cu 12,5% cazuri la paciente cu OAB umedă (cu incontinență urinară) în raport cu lotul control.

**Concluzie:** Disfuncția sexuală feminină este o problemă frecventă în rândul femeilor cu vezica urinară hiperactivă, care afectează semnificativ sănătatea sexuală și calitatea vieții, în special în rândul femeilor sexual active, cu vârsta cuprinsă între 26-35 ani.